

UNIT 7 TOPIC 2

PREVENTION OF SEXUAL ASSAULT

LEARNING OBJECTIVES:

- 7-2-1 Identify the types of sexual assault and the Navy's policy on sexual assault
- 7-2-2 Explain ways to prevent sexual assault
- 7-2-3 Explain the short and long term effects of sexual assault
- 7-2-4 Recognize and avoid sexual assault to protect themselves and their fellow shipmates.

REFERENCES:

1. Navy Core Values
2. U.S. Navy Regulations
3. OPNAVINST 1752.1 (Series)
(Sexual Assault Victim Intervention (SAVI) Program)
4. OPNAVINST 5800.7 (Series)
5. (Navy's Victim and Witness Assistance Program)
6. Internet Resources:
 - a. http://www.btm.com/qolmall/qol/WING_4/store_W/deckplate/assault/assault_1.htm
 - b. <http://www.bupers.navy.mil/pers61/sh.htm>
7. "Sexual Assault It Could Happen To You" NETPDTC 806340
8. NAVADMINs 033/94 and 291/99

SLIDES:

- 7-2-1 The Prevention of Sexual Assault
- 7-2-2 Sexual Assault
- 7-2-3 Types of Sexual Assault
- 7-2-4 Is Sexual Assault Real?
- 7-2-5 Effects of Sexual Assault
- 7-2-6 Know What to Do!
- 7-2-7 Most Importantly
- 7-2-8 Sexual Assault Victim Intervention
- 7-2-9 Navy's Policy on Sexual Assault
- 7-2-10 Sexual Assault Summary

CASE STUDIES:

None

VIDEO TAPES:

"Sexual Assault It Could Happen To You" NETPDTC 806340

NOTE TO THE FACILITATOR:

The main points of this topic are:

- Defining Sexual Assault and how to help prevent it
- Short and long term effects of sexual assault
- Navy's policy on sexual assault

DISCUSSION POINT	RELATED INSTRUCTOR ACTIVITY
<p>I. SEXUAL ASSAULT</p> <p>One of the fastest growing violent crimes in the U.S. How to recognize and avoid. How to protect yourself and shipmates.</p> <p>A. Introduction</p> <ul style="list-style-type: none"> ➤ Rape/sexual assault is a criminal act that is incompatible with the Navy's standards of professionalism and personal discipline. ➤ A team imperative is that we protect shipmates by knowing preventive measures to understand and assist a situation of sexual assault. <p>B. Definitions</p> <p>You heard a good definition in the video,</p> <p><i>“Sexual intimacy forced or threatened on one person by another”</i></p> <p>Here is a breakdown of that definition:</p> <ol style="list-style-type: none"> 1. Rape is defined as nonconsensual sexual intercourse, regardless of the sex of the victim or perpetrator, accomplished by force or threat. 	<p>SHOW SLIDE 7-2-1 THE PREVENTION OF SEXUAL ASSAULT</p> <p>INSTRUCTOR NOTE: Introduce video by addressing sexual assault as a crime. You will see 4 case studies based on true stories. Watch the actions of all the people in the studies, as they illustrate the need to take care of our shipmates.</p> <p>SHOW VIDEO “<i>Sexual Assault, It Could Happen To You</i>” NETPDTC 806340 23:23 min SHOW SLIDE 7-2-2 SEXUAL ASSAULT</p> <p>SHOW SLIDE 7-2-3 TYPES OF SEXUAL ASSAULT</p>

2. **Assault with intent to commit rape** is an assault where the accused must have intended to complete the offense and to overcome any resistance by force.
3. **Assault with intent to commit sodomy** is also defined as an assault where the accused must have intended to complete the offense and to overcome any resistance by force.
4. **Indecent assault** is defined as an assault where the accused must have committed the offense with the intent to gratify the lust or sexual desires of the accused.

C. Statistics

- There are 683,000 forcible rapes per year or 1.3 per minute.
- 60% to 80% of rape is date or acquaintance rape.
- As few as one in ten rapes are reported to authorities.
- Nearly half of all date rape victims never discuss the attack with anyone.
- Women age 16-24 are particularly vulnerable.
- About 1/3 of all rapes occur in the victim's home.

From the 1990 Navy Women's Study Group Report findings indicated that:

SHOW SLIDE 7-2-4 IS SEXUAL ASSAULT REAL?

INSTRUCTOR NOTE:

Remind them of the video which pointed out that:

- ✓ Sexual assault occurs every 6 minutes.
- ✓ Highlight that someone the victim knows commits most sexual assaults.
- ✓ 78% of the victims know their assailant.

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

- Sexual assault incidents were increasing in the Navy.
- Over 50% of the reported assaults occurred on base.
- Only 1% occurs on board ship.
- 60% of those reported being sexually assaulted or raped were E-1 through E-3 women.

D. Effects of Sexual Assault

1. Victims of sexual assault may experience short or long term effects.
2. Short term effects could include:
 - Terror
 - Isolation
 - Nightmares
 - Shock
 - Guilt
 - Self blame
3. Long term effects could include:
 - Fear of sex
 - Inability to trust
 - Lowered self-esteem
 - Increased difficulty in close relationships
4. Work performance may be affected immediately or later on
5. These are all typical reactions and generally

SHOW SLIDE 7-2-6 KNOW WHAT TO DO!

Statistic Source:
National Victim Center
National Crime Survey
Uniform Crime Report

RECOMMEND class participation to name preventive measures, help with the provided checklist as needed.

disappear with time. Keep in mind that rape is the fault of the rapist, not the victim.

6. Survivors of sexual assault may experience the short or long term effects. These effects may be overcome with proper guidance and counseling. If ignored or untreated these effects may severely inhibit the survivor's ability to assess potentially dangerous situations.

E. How to protect yourself

1. IN YOUR CAR,

- ✓ Always lock your car doors.
- ✓ Park in a well-lighted area.
- ✓ Look around and under your car as you approach.
- ✓ Check the interior of your car before entering.
- ✓ Always have your key ready and enter quickly.
- ✓ Shut and lock the door immediately.
- ✓ If you have car trouble while on the road,
 - Pull over to the side.
 - Use a handkerchief through the top of the window to attract attention.
 - Stay in the car with the doors locked.
 - Roll the window down only one-half inch if someone stops to help.

- Ask them to call for assistance.
- Do not go with them to obtain help.
- ✓ If you think someone is following you, either use a cell phone to call for help or go to the nearest public place, police, or fire station for help.
- ✓ Be careful what you put on your vanity license plates.
- ✓ Do not stop for a stranded motorist. Note location. Use a cell phone or go to the nearest phone booth and call the police for assistance for that motorist.

2. **INSIDE AT HOME OR WORK**

- ✓ Have entrances and parking areas well lighted.
- ✓ Be sure all windows and doors have strong locks and use them.
- ✓ Lock your door every time you go out,
- ✓ Avoid places near your home or workplace that provide hiding for attackers.
- ✓ Always have your key ready and enter quickly.
- ✓ Shut and lock the door immediately.
- ✓ When you arrive at the door, if it is open, or you see signs of forced entry, go to a neighbor's house and call the police.

- ✓ Never allow strangers into your home when you are alone--no matter how dire their emergency may be. Offer to make an emergency phone call for them while they wait outside.

Sexual assault is a crime that is often planned, so you need to think about a plan to counter;

3. PROTECTING YOURSELF

- ✓ Be assertive. No resistance is often misinterpreted as consent. Be direct and firm when anyone is pressuring you to do anything you do not want to do.
- ✓ Trust your intuition. If you feel uncomfortable or pressured into a situation, you are probably in danger.
- ✓ Consider taking a self-defense course that concentrates not on the martial arts but on street self-defense.
- ✓ Avoid excessive use of alcohol and other drugs, as they interfere with clear thinking and communication.
- ✓ Always have your key ready and enter quickly. Shut and lock the door immediately.
- ✓ Know your own desires and set your own limits. Communicate them clearly to

DISCUSSION POINT

RELATED INSTRUCTOR ACTIVITY

others. If you are not sure, stop and talk about it.

- ✓ Say "NO" when you mean "NO."
- ✓ Stay with a group. There is safety in numbers.

4. Reporting a Sexual Assault

- ✓ Get to a safe place that has a phone.
- ✓ Contact someone who can help you—your command SAVI POC, a friend, local police, security, NCIS, a local rape crisis center, a chaplain.
- ✓ Preserve evidence. Do not bathe, shower, douche, wash your hands, drink anything, or change clothes.
- ✓ Obtain medical attention from the nearest military or civilian hospital if you are physically injured.
- ✓ On military property, CALL BASE SECURITY.
- ✓ In the local community (off base), call 911.

STRESS TO THE STUDENTS THE MOST IMPORTANT THING TO REMEMBER ABOUT SEXUAL ASSAULT IS THAT “NO” ALWAYS

INSTRUCTOR NOTE:

Ensure that the reporting requirements are clearly understood. (*Stomp foot, hit desk, wave hand*)

SHOW SLIDE 7-2-7 MOST IMPORTANTLY

MEANS “NO”

5. Victim's Rights
- ✓ Victims of sexual assault should be treated with fairness and respect.
 - ✓ Involves the effective management of sexual assault cases, including access to a victim advocate program and appropriate counseling
 - ✓ Making the choice of NOT doing anything is still making a choice.
 - ✓ OPNAVINST 5800.7 is the Navy's Victim and Witness Assistance Program and established a Crime Victim's bill of rights for victims of crime committed under Navy jurisdiction.

Both parties should be treated as innocent and with sensitivity until any case is adjudicated.

Sexual Assault is a criminal act, and we have a clear responsibility for our shipmates. Another area of concern is sexual harassment, which also is unacceptable, and there is no excuse for not knowing the policies.

SHOW SLIDE 7-2-8 SEXUAL ASSAULT VICTIM INTERVENTION**BACKGROUND:**

In 1990, the office of the Attorney General of the United States declared that:

- ✓ While "millions of Americans are victimized by crime every year, recognition of crime victims' rights is a recent phenomenon.
- ✓ Until recently the protection of offenders' rights took precedence over those of the innocent victims of crime." The Victims' Rights and Restitution Act of 1990 sets forth the "Rights of Crime Victims."
- ✓ Whether you are female or male, if you are a victim of any crime, you have a critical personal choice - whether or not to report it.
- ✓ A crime victim has rights. Privacy is one of them.

VI. Navy's Policy on Sexual Assault**VII. SUMMARY**

In this lesson we have discussed the need for teamwork and trust within your work center, your command and throughout the Navy community.

We reviewed behaviors that can create strong teamwork and trust.

We watched the video “Sexual Assault, *It Could Happen to You*” and then discussed the reality of the crime of sexual assault.

We discussed steps to minimize the sexual assault risk.

We discussed how Core Values contribute to developing and building trust.

SHOW SLIDE 7-2-9 NAVY'S POLICY ON SEXUAL ASSAULT

SHOW SLIDE 7-2-10 SEXUAL ASSAULT SUMMARY